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CLAIMS

We claim:

1. A system for stationarily supporting a non-driven wheel of a bicycle, wherein the bicycle includes a driven wheel engaged with a bicycle trainer, comprising first and second support members, wherein the first support member includes wheel engagement structure configured to engage the non-driven wheel of the bicycle, wherein the first support member is configured to rest on a support surface for positioning the wheel engagement structure at a first elevation, and wherein the first support member and the second support member are configured for engagement in a first orientation and in a second orientation different than the first orientation, wherein the second support member is located between the support surface and the first support member in both the first and second orientations, and wherein the first and second support members in the first orientation are operable to position the recess of the first support member at a second elevation above the first elevation, and wherein the first and second support members in the second orientation are operable to position the recess of the first support member at a third elevation above the second elevation.

2. The system of claim 1, wherein the first and second support members are identically constructed, so that the second support member can be positioned between the support surface and the first support member or the first support member can be positioned between the support surface and the second support member.

3. The system of claim 2, wherein the first and second support members are further configured to engage each other in a third orientation different than the first and second orientations, wherein engagement of the first and second support members in the third orientation is operable to position the recess of the first support member at a fourth elevation different than the first, second and third elevations.

4. The system of claim 3, wherein the first orientation comprises a nesting orientation in which a lower one of the support members is received within an interior defined by an upper one of the support members, wherein the first and second support members are both positioned so as to face upwardly relative to the support surface, and

5 wherein the second orientation comprises a non-nesting stacked orientation in which both the  
first and second support members face upwardly relative to the support surface and an upper  
one of the support members is positioned in a non-nesting relationship relative to a lower one  
of the support members and is engaged with upwardly facing support structure defined by  
the lower one of the support members, and wherein the third orientation comprises a back-to-  
10 back stacked orientation, in which a lower one of the support members faces downwardly  
and an upper one of the support members rests on a base defined by the lower one of the  
support members.

5 5. The system of claim 4, wherein the first and second support members are in  
alignment with each other when in the nesting orientation and in the back-to-back stacked  
orientation, and wherein the upper support member is positioned out of alignment with the  
lower support member when the first and second support members are in the non-nesting  
stacked orientation.

5 6. The system of claim 5, wherein the first and second support members define  
a series of lobes, wherein the lobes of the first and second support members are in alignment  
when the first and second support members are in the nesting orientation and in the back-to-  
back stacked orientation, and wherein the lobes of the upper support member are located  
between the lobes of the lower support member when the first and second support members  
are positioned in the non-nesting stacked orientation.

5 7. The system of claim 6, wherein each of the first and second support  
members includes a base defined by a series of walls, and wherein the base walls of the  
upper support member are received within upwardly facing recesses defined by the lower  
support member when the first and second support members are in the non-nesting stacked  
orientation.

8. A method of stationarily supporting a non-driven wheel of a bicycle,  
wherein the bicycle includes a driven wheel engaged with a bicycle trainer, comprising the  
steps of:

providing first and second support members, wherein at least the first support member includes upwardly facing wheel engagement structure configured to engage the non-driven wheel of the bicycle; and

positioning the first and second support members relative to a supporting surface in one of a plurality of different support configurations in which the second support member rests on the supporting surface and the first support member is supported above the supporting surface by the second support member, wherein the first and second support members are configured such that each of the plurality of different support configurations functions to place the wheel engagement structure of the first support member at a different elevation above the supporting surface.

9. The method of claim 8, wherein the step of providing first and second support members is carried out by providing substantially identical support members, each of which includes wheel engagement structure configured to engage the non-driven wheel of the bicycle.

10. The method of claim 9, wherein each of the first and second support members includes a base configured to rest on the supporting surface for supporting the wheel engagement structure of the support member above the supporting surface, and wherein the step of positioning the first and second support members in one of a plurality of different support configurations includes positioning the first and second support members in a nesting configuration in which the base of a lower one of the support members rests on the supporting surface and the wheel engagement structure of the lower support member is received within an interior defined by the base of an upper one of the support members, and wherein the second support member is operable to position the wheel engagement structure of the first support member at an elevation above the elevation of the wheel engagement structure of the first support member when the base of the first support member is placed directly on the supporting surface.

11. The method of claim 9, wherein each of the first and second support members includes a base configured to rest on the supporting surface for supporting the wheel engagement structure of the support member above the supporting surface, and

wherein the step of positioning the first and second support members in one of a plurality of 5 different support configurations includes positioning the first and second support members in a back-to-back stacked configuration in which the wheel engagement structure of a lower one of the support members rests on the supporting surface such that the base of the lower support member faces upwardly, wherein the base of an upper one of the support members rests on the base of the lower support member.

12. The method of claim 11, wherein the step of positioning the first and second support members in the back-to-back stacked configuration includes the step of engaging the bases of the upper and lower support members together so as to prevent lateral movement between the upper and lower support members.

13. The method of claim 9, wherein each of the first and second support members includes a base configured to rest on the supporting surface for supporting the wheel engagement structure of the support member above the supporting surface, and wherein the step of positioning the first and second support members in one of a plurality of 5 different support configurations includes positioning the first and second support members in a non-nesting stacked configuration in which the base of a lower one of the first and second support members rests on the supporting surface and the base of an upper one of the support members rests on support structure of the lower one of the support members.

14. The method of claim 13, wherein the step of positioning the first and second support members in the non-nesting stacked configuration is carried out by placing the upper one of the support members out of alignment with a lower one of the support members, wherein the support structure of the lower one of the support members engages the 5 base of the upper one of the support members when the upper one of the support members is placed on the lower one of the support members, wherein the support structure of the lower one of the support members and the base of the upper one of the support members cooperate to prevent lateral movement between the upper and lower support members.

15. The method of claim 14, wherein each of the support members has a generally triangular shape when viewed in plan and includes a series of intersecting recesses, each of which is configured to engage the non-driven wheel of the bicycle, wherein each

recess is defined at least in part by a pair of spaced apart walls, and wherein the support structure includes a base engagement area in each of the pair of spaced apart walls, wherein the step of placing the upper one of the support members out of alignment with the lower one of the support members is carried out so that the base of the upper support member is engaged within the base engagement areas of the spaced apart walls of the intersecting recesses of the lower one of the support members.

16. The method of claim 15, wherein the step of positioning the first and second support members in one of a plurality of different support configurations further includes positioning the first and second support members in a nesting configuration in which the upper and lower support members are positioned in alignment with each other and the base of the lower one of the support members is received within an interior defined by the upper one of the support members, and further includes positioning the first and second support members in a back-to-back stacked configuration in which the wheel engagement structure of the lower one of the support members rests on the supporting surface such that the base of the lower support member faces upwardly, and wherein the base of the upper one of the support members rests on the upwardly facing base of the lower one of the support members.

17. A support member for use in stationarily supporting a non-driven wheel of a bicycle, wherein the bicycle includes a driven wheel engaged with a bicycle trainer, comprising a base configured to rest on a supporting surface, and wheel engagement structure located above the base, wherein the support member is adapted for use by placing the base on the supporting surface so that the wheel engagement structure is located at a first elevation above the supporting surface, and wherein the support member is further adapted for use by positioning a second support member, having a configuration similar to that of the first-mentioned support member, between the supporting surface and the first-mentioned support member, for positioning the wheel engagement structure of the first-mentioned support member at a second elevation, greater than the first elevation, above the supporting surface.

18. The support member of claim 17, wherein the second support member is substantially identical to the first-mentioned support member, and wherein the support members are adapted for use by positioning the first-mentioned and second support members in a plurality of different support configurations in which the second support member is located between the supporting surface and the first-mentioned support member, wherein each of the plurality of different support configurations is operable to position the wheel engagement structure of the first-mentioned support member at a different elevation, above the first elevation, relative to the supporting surface.

19. The support member of claim 18, wherein the base defines a hollow interior, and wherein the first-mentioned and second support members are configured such that an upper portion of the second support member is received within the hollow interior of the base of the first-mentioned support member in a nesting configuration, so as to place the wheel engagement structure of the first-mentioned support member at an elevation above the first elevation.

20. The support member of claim 18, wherein the second support member is adapted to be inverted so that the wheel engagement structure of the second support member rests on the supporting surface and the base of the second support member faces upwardly, and wherein the base of the first-mentioned support member is adapted to engage and rest on the base of the second support member so as to position the wheel engagement structure of the first support member at an elevation above the first elevation.

21. The support member of claim 18, further comprising non-nesting stacking support structure associated with the second support member for engaging the base of the first-mentioned support member when the base of the second support member is placed on the supporting surface and the first-mentioned support member is positioned out of alignment with the second support member, to place the wheel engagement structure of the first-mentioned support member at an elevation above the first elevation.

22. The support member of claim 21, wherein the wheel engagement structure of the first-mentioned and second support members comprises a series of recesses that are defined by spaced apart walls, wherein the spaced apart walls that define the recesses include

a base engagement area so that the base of the first-mentioned support member is engaged

5 within the base engagement areas of the spaced apart walls when the first-mentioned support member is positioned out of alignment with the second support member.